

Wellness Notes

The Benefits of Exercising with Your Partner

Part I

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Workout Ideas

The two of you may be at different fitness levels and have different goals, but that doesn't mean that you can't exercise together. There are plenty of reasons to give it a try:

- **Safety.** With someone else watching your form and being there to spot you when you need it, you'll exercise more safely than if you were alone.
- **Quality Time.** Instead of exercising alone, plan a workout time that fits both of your schedules. You'll reach your fitness goals, without sacrificing that one-on-one time that every partnership needs.
- **A Common Interest.** Add exercise to your list of shared interests and hobbies. The possibility for new, unique activities is endless and keeps things exciting. You can never have too much in common.
- **Motivation & Support.** Getting encouragement and praise from your partner is one of the best motivators. It'll help both of you remain consistent and take care of one another.
- **A Deeper Bond.** Exercise produces chemicals in the brain that evoke feelings of happiness, reduce stress, and also increase arousal and libido.
- **Respect & Pride.** Taking care of your body and your health shows the person you care about that you want to be your best for them—and that you want to be around for years to come.
- **Balance.** Maybe one partner tends to favor cardio, while the other tends to favor strength training. By working out together you can balance your workout program to include more of both. Let your partner teach you about the areas of fitness you're unsure of and be open to new fitness experiences.